

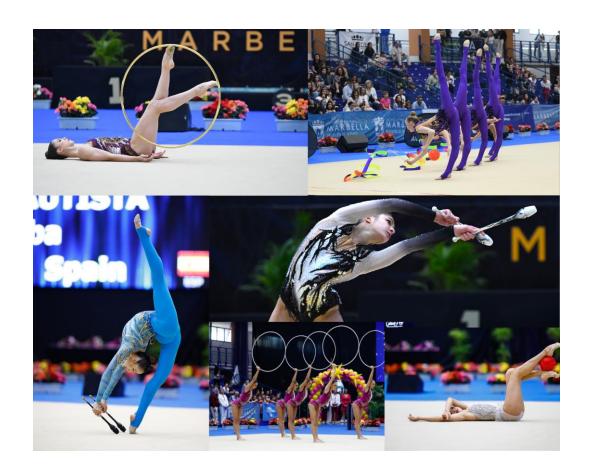
Head Office Avenue de la Gare 12 CH - 1003 Lausanne

Phone: +41 - 21 - 613.10.20

info@europeangymnastics.com www.europeangymnastics.com

Invitation COACHES COURSE

in Rhythmic Gymnastics



November 12th to 17th, 2023 Marbella (ESP)











Head Office Avenue de la Gare 12 CH - 1003 Lausanne

Phone: +41 - 21 - 613.10.20

info@europeangymnastics.com www.europeangymnastics.com

To the European Gymnastics Member Federations

INVITATION

Course for Rhythmic Gymnastics Coaches

Dear National Federations, dear gymnastics friends,

The Technical Committee for Rhythmic Gymnastics (TC-RG) of European Gymnastics, with the special cooperation of the Spanish Gymnastics Federation, is pleased to invite you to a Rhythmic Gymnastics Coaches Course in Marbella (ESP) from November 12th to 17th, 2023.

The subject of the course will be "Physical and mental preparation for individual gymnasts and groups".

The participating experts are experienced and well-known personalities in their respective field of expertise:

Elena ALIPRANDI – Body and apparatus technique for individual gymnasts (seniors and juniors) Beatriz BRITO – Ballet and physical preparation

Siyana VASILEVA – Body and apparatus technique for groups (seniors and juniors) Tatiana YANCHEVA – Psychology

SCHEDULE

Arrival: 12th of November 2023

Departure: 17th of November 2023

Airport: Malaga (AGP)

Accommodation: Hotel BlueBay Banus

Autovía del Mediterráneo, Km 173 29660 Marbella-Málaga, Costa del Sol

Spain

www.bluebayresorts.com/en

Price: Euro 750.- in single room

Euro 650.- in double room Euro 600.- in triple room











IMPORTANT NOTE

These prices include for the participants:

- Accommodation and full board
- Transportation from airport to the official hotel (and vice versa)
- Transfers from the official hotel to the site of the training (and vice versa)
- Course material

Please transfer the corresponding amount by October 26th, 2023 to the following bank account (and indicate the names of the participants and RG Coaches Course):

> Beneficiary: Federación Andaluza de Gimnasia Name of the Bank: BBVA (Banco Bilbao Vizcaya Argentaria S.A.) Swift: BBVAESMMXXX

IBAN Code: ES66 0182 60 00 13 0208518406. Address: C/ Granada, 1, Planta 2ª, 41001 Sevilla, ESPAÑA

Participants:

No more than 3 coaches per federation.

If your Federation wants to participate with more coaches, please inform European Gymnastics when sending your nominative registration.

Main language: English

Nominative registration:

Please send your nominative registration by October 26th, 2023 to info@europeangymnastics.com

Transport:

In order to allow the Organising committee to organise transportation from the airport, please send your travel details to: s.diaz@andaluciagym.com

Transport from the airport (Malaga) to the hotel as well as the local transport are included in the participation fee.

After the nominative registrations, you will receive a detailed schedule and further information. Thanking you already now for your interest in this course, we remain, With kind regards

EUROPEAN GYMNASTICS

The President

Dr Farid GAYIBOV

The President TC-RG

Ms Evangelia TRIKOMITI

Lausanne, August 2023







